



For Immediate Release

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SPIRITUALITYandPRACTICE.com Offers
A Spiritual Lifeboat for Turbulent Financial Times

Many studies have shown that spiritual practice makes people healthier and happier, so it is fitting that in today's dark and murky financial seas, SpiritualityandPractice.com, a multifaith website providing resources for spiritual journeys, is offering a free program of readings and spiritual practices to help people cope.


The website's founders, spiritual authors and book reviewers Frederic and Mary Ann Brussat, began recommending readings and spiritual practices at the beginning of the Iraq war in a series titled "[Spiritual Literacy in Wartime](http://SpiritualityandPractice.com)." Now, due to the overwhelming and ongoing despair of so many during the current recession, they have redirected the web-based project to focus on the spiritual challenges and opportunities raised by the economic crisis.

"One thing is becoming crystal clear," say the Brussats. "All of us are going to have to find ways to live with financial insecurity, and spiritual wisdom and practices can help us make it through these tough times. Spirituality gives us a larger perspective than our immediate situation; it's like the navigator's compass pointing us to a wider range of possible responses."

The Brussats are collecting excerpts from books reviewed on the website that show how teachers of different spiritual traditions approach living with less and facing loss and impermanence. "We've learned through experience," they note, "that spiritual practices are helpful, practical, and relevant in today's world. They offer people concrete ways to address challenges from the depths of their spirituality."

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Spirituality and Practice is a project of CISTems, Inc., a nonprofit 501(c)(3) tax-exempt organization.

The collection of readings and practices, [Living with Financial Insecurity](#), is now posted at SpiritualityandPractice.com and new readings and practices are added regularly. Readings include:

- Psychologists [Robert A. Johnson and Jerry Ruhl](#) on the middle way between too-muchness and not-enoughness;
- Christian spiritual writer [Wayne Muller](#) on knowing what to cut and let go;
- Native American teacher [Jose Hobday](#) on living without encumbrances;
- Tibetan Buddhism meditation teacher [Chagdud Tulku](#) on understanding impermanence;
- Social scientist [Duane Elgin](#) on the voluntary simplicity movement;
- Benedictine sister [Joan Chittister](#) on having hope in times of struggle;

Practices include:

- Jewish sage [Rebbe Nachman of Breslov's prayer](#) to be saved from wanting;
- Religion professor [Jay McDaniel's gratitude practice](#) of acknowledging grace and luckiness;
- Buddhist meditation teacher [Christina Feldman's guided meditation](#) for a daily practice of simplicity;
- Zen teacher [Ezra Bayda's exercise](#) for being with your fear;
- Trappist monk [Thomas Merton's prayer](#) for trust in times of uncertainty and stress;
- Spiritual teacher [Bo Lozoff's mantra](#): "Anything that can happen to a human being may happen to me, and I accept the truth of this."

SpiritualityandPractice.com offers more than 18,000 pages of free content, including pages devoted to 37 key spiritual practices of the world's religions; film, audio reviews; profiles of contemporary spiritual teachers; e-courses on how to practice spirituality; and articles on everyday spirituality. The site's name reflects the Brussats' understanding that *spirituality* and *practice* are the two places where all the world's religions and spiritual paths come together.

Frederic and Mary Ann Brussat are the authors of the national bestseller [Spiritual Literacy: Reading the Sacred in Everyday Life](#), its companion [Spiritual Rx: Prescriptions for Living a Meaningful Life](#), and the bestselling gift book [100 Ways to Keep Your Soul Alive](#). They live and work in a loft in New York City.

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